



## Check Out Each Mind Matters' New Look!



Each Mind Matters has a brand new website with even more information, resources and stories of recovery and hope! Click on the button to explore the new site, read the latest information on the blog and learn how you can get more involved in California's mental health movement. You can also check out SanaMente.org, our new site developed entirely for Spanish-speaking Californians. Prepared entirely in Spanish-language, this site features in-language resources, videos and more!

[Visit EachMindmatters.org](http://EachMindmatters.org)

## Hollywood Supports the Mental Health Movement



*Lorraine Bracco, actress in "Rizzoli and Isles," "The Sopranos" and "Goodfellas," shared her own experience with a mental health challenge.*

Last Month, Each Mind Matters and personal care brand [philosophy's hope & grace initiative](#) partnered for the GBK Oscars Gifting Lounge to encourage the entertainment industry to join the movement. Celebrity guests of the lounge were invited to record messages of support and hope, which will be released on social media for May is Mental Health Month. We are grateful to the more than 35 celebrities who lent their time and talent to this important effort, such as producer Nigel Lythgoe, Oscar-nominated director Richard Linklater, and cast members from Fox's hit show "Empire."



*Grace Gealey (left), actress in "Empire," and Nigel Lythgoe (right), executive producer of "So You Think You Can Dance" and "American Idol."*

For more photos, follow us on Instagram and Twitter @EachMindMatters.

[Read More](#)

## **"Together Against Stigma" a Huge Success!**





Last month, California played host to more 750 prominent thought leaders, researchers, advocates, practitioners and policymakers from around the world at the 7th International "Together Against Stigma" Conference in San Francisco.

It's been two years since the last international gathering and there was much to share! Over three days, delegates from 17 countries shared ground-breaking research, shared innovative strategies, and networked with colleagues from across the globe.

Presentations and resources are now available at [TogetherAgainstStigma.org](http://TogetherAgainstStigma.org). You can also read more on our blog and follow the conversation on Twitter with the hashtag #Stigma2015.

[Read More](#)



Amazing work! Our friends at the [International Bipolar Foundation](#) have partnered with the



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You can help us provide the latest news and information about the

[Girl Scouts of America](#) to reduce the stigma around mental health. Girl Scouts can now earn a Mental Health Awareness patch. Read all about it [here](#).

mental health movement in California. Contact us [here](#) to become a guest blogger!



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